ACTIVE JUNIOR PROGRAM Wk 3 5-8 YEARS 2-5 April 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00 - 9.15 am		BEFORE CARE	BEFORE CARE	BEFORE CARE	BEFORE CARE
9.15 - 10.15 am		ATHLETICS	CRICKET	TEE BALL	TENNIS
10.15 - 10.45 am		MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA
10.45 - 11.45 am		JUMP FORCE	BOXING	SUPERSTARS DANCE	VOLLEYBALL
11.45 - 12.30 pm	NO SESSIONS	LUNCH & REST ACTIVITIES	LUNCH & REST ACTIVITIES	LUNCH & REST ACTIVITIES	LUNCH & REST ACTIVITIES
12.30 - 1.30 pm		TOUCH FOOTBALL	BASKETBALL	SOCCER	NETBALL
1.30 - 2.00 pm		Swimming Change	Swimming Change	Swimming Change	Swimming Change
2.00 - 3.00 pm		SWIMMING LESSON & FREE SWIM/SPLASH POOL	SWIMMING LESSON & FREE SWIM/SPLASH POOL	SWIMMING LESSON & FREE SWIM/SPLASH POOL	SWIMMING LESSON & FREE SWIM/SPLASH POOL
3.00 - 3.30 pm		AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
3.30 - 5.00 pm		AFTER CARE Quiet activities, Handball & Indoor Basketball	AFTER CARE Quiet activities, Handball & Indoor Basketball	AFTER CARE Quiet activities, Handball & Indoor Basketball	AFTER CARE Quiet activities, Handball & Indoor Basketball

ACTIVE JUNIOR PROGRAM Wk 4 5-8 YEARS 8-12 April 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00 - 9.15 am	BEFORE CARE	BEFORE CARE	BEFORE CARE	BEFORE CARE	BEFORE CARE
9.15 - 10.15 am	TENNIS	CRICKET	TEE BALL	PLAYGROUND GAMES	ATHLETICS
10.15 - 10.45 am	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA
10.45 - 11.45 am	BADMINTON	VOLLEYBALL	JUMP FORCE	BOXING	SUPERSTARS DANCE
11.45 - 12.30 pm	LUNCH & REST ACTIVITIES	LUNCH & REST ACTIVITIES	LUNCH & REST ACTIVITIES	LUNCH & REST ACTIVITIES	LUNCH & REST ACTIVITIES
12.30 - 1.30 pm	SOCCER	AFL	NETBALL	TOUCH FOOTBALL	BASKETBALL
1.30 - 2.00 pm	Swimming Change	Swimming Change	Swimming Change	Swimming Change	Swimming Change
2.00 - 3.00 pm	SWIMMING LESSON & FREE SWIM/SPLASH POOL	SWIMMING LESSON & FREE SWIM/SPLASH POOL	SWIMMING LESSON & FREE SWIM/SPLASH POOL	SWIMMING LESSON & FREE SWIM/SPLASH POOL	SWIMMING LESSON & FREE SWIM/SPLASH POOL
3.00 - 3.30 pm	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
3.30 - 5.00 pm	AFTER CARE Quiet activities, Handball & Indoor Basketball	AFTER CARE Quiet activities, Handball & Indoor Basketball	AFTER CARE Quiet activities, Handball & Indoor Basketball	AFTER CARE Quiet activities, Handball & Indoor Basketball	AFTER CARE Quiet activities, Handball & Indoor Basketball

ACTIVE SENIOR PROGRAM Wk 3 9 - 12 YEARS 2 - 5 April 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00 - 9.15 am		BEFORE CARE	BEFORE CARE	BEFORE CARE	BEFORE CARE
9.15 - 10.15 am		JUMP FORCE	BOXING	SUPERSTARS DANCE	VOLLEYBALL
10.15 - 10.45 am		MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA
10.45 - 11.45 am		ATHLETICS	CRICKET	TEE BALL	TENNIS
- 11.45 - 12.30 pm	NO SESSIONS	LUNCH & REST ACTIVITIES	LUNCH & REST ACTIVITIES	LUNCH & REST ACTIVITIES	LUNCH & REST ACTIVITIES
12.30 - 1.30 pm		TOUCH FOOTBALL	BASKETBALL	SOCCER	NETBALL
1.30 - 2.00 pm		Swimming Change	Swimming Change	Swimming Change	Swimming Change
2.00 - 3.00 pm		FLIPPA BALL & FREE SWIM	NOVELTY SWIMMING RACES & FREE SWIM	FLIPPA BALL & FREE SWIM	FLIPPA BALL & FREE SWIM
3.00 - 3.30 pm		AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
3.30 - 5.00 pm		AFTER CARE Quiet activities, Handball & Indoor Basketball	AFTER CARE Quiet activities, Handball & Indoor Basketball	AFTER CARE Quiet activities, Handball & Indoor Basketball	AFTER CARE Quiet activities, Handball & Indoor Basketball





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00 - 9.15 am	BEFORE CARE				
9.15 - 10.15 am	BADMINTON	VOLLEYBALL	JUMP FORCE	BOXING	SUPERSTARS DANCE
10.15 - 10.45 am	MORNING TEA				
10.45 - 11.45 am	TENNIS	CRICKET	TEE BALL	PLAYGROUND GAMES	ATHLETICS
- 11.45 - 12.30 pm	LUNCH & REST ACTIVITIES	LUNCH & REST ACTIVITIES	LUNCH & REST ACTIVITIES	LUNCH & REST ACTIVITIES	LUNCH & REST ACTIVITIES
12.30 - 1.30 pm	SOCCER	AFL	NETBALL	TOUCH FOOTBALL	BASKETBALL
1.30 - 2.00 pm	Swimming Change				
2.00 - 3.00 pm	FLIPPA BALL & FREE SWIM	FLIPPA BALL & FREE SWIM	NOVELTY SWIMMING RACES & FREE SWIM	FLIPPA BALL & FREE SWIM	NOVELTY SWIMMING RACES & FREE SWIM
3.00 - 3.30 pm	AFTERNOON TEA				
3.30 - 5.00 pm	AFTER CARE Quiet activities, Handball & Indoor Basketball	AFTER CARE Quiet activities, Handball & Indoor Basketball	AFTER CARE Quiet activities, Handball & Indoor Basketball	AFTER CARE Quiet activities, Handball & Indoor Basketball	AFTER CARE Quiet activities, Handball & Indoor Basketball